

TULLAMORE ALIVE *Fitness*

Class Type: Barre Fusion (with Core Focus)

Class Description: This class will explore low impact exercises inspired by basic ballet, Pilates and yoga moves with a core focus. The goal of this class is to improve overall muscle tone, stability, coordination, and strength. No previous barre or dance experience is required. All levels welcome.

Dates: Tuesday January 12th-March 30th

Duration: 12 Weeks

Time: 6:00-7:00 PM

Cost: \$120 for 1st person in household, \$60/person for each following person in household.

Class Type: Active Stretch and Sleep

Class Description: This class will 30 minutes of active stretching (designed to open your hips, back and chest) followed by 30 minutes of restorative stretching (designed to help you relax before bed). The intention behind this class is to help improve your posture and general flexibility, as well as encourage the release of tension in the body in order to promote a good night's sleep. No previous yoga or fitness experience required. All levels welcome.

Dates: Wednesday January 13th-March 31st

Duration: 12 Weeks

Time: 6:45-7:45 PM

Cost: \$120 for 1st person in household, \$60 for each following person per household

Class Type: Cardio, Weights and Stretch

Class Description: This class will creatively explore getting a good workout at home with the fitness equipment you have (although no equipment is required). For this class you will invited to use whatever cardio equipment you have at home, whether it be bike, treadmill, row machine or no equipment. Class will be divided into 3 sections (cardio, weights and stretching/rolling out) each 20 minutes in duration designed with the intention of promoting good overall health that is sustainable. This class is appropriate for all levels and can be modified to meet individual needs.

Dates: Thursday Jan 14th-April 1st

Duration: 12 Weeks

Time: 6:00-7:00 PM

Cost: \$120 for 1st person in household, \$60 for each following person per household

Additional benefits/opportunities:

- This semester we will be doing a group google doc where everyone can share their favorite healthy recipes. I will share a recipe myself weekly that is healthy and that I am eating that week to motivate everyone (including myself) to eat well. This way we will not only all feel better when we are exercising (because we will have enough energy from eating well), but it will also give us a chance to connect since our classes are online.
- ***If you register for 2 classes you have access to the 3rd for free.** This way it is more affordable, and you will have the opportunity to get a well-rounded workout (strength, stretch and cardio) in every week.
- All classes this term will make use of a ball for rolling out. If you need a ball for the classes let me know and I will drop off one for you prior to the semester starting.

Class Structure:

- Classes will be delivered completely online through Zoom which is a free app you can download. Once you have the app downloaded, I will be able to share Zoom meeting links with you through email where you will click to open the session. If you are unfamiliar with Zoom, I am happy to help you figure it out and do a technology test session with you prior to classes starting.

- Classes will be recorded each week through Zoom and available for **3 days** after the actual class. This way even if you miss a class or want to do the class a second time you will have your own access to that week's content.
- For music in the class, I will use a playlist on Spotify. From experience, I don't find that music comes through great on Zoom; however, if you have your own Spotify account, I can share my playlist with you and that has worked really well in my other Zoom classes. I can also share with you playlist details if you want to use another music provider for music in class. Having your own music at home is not remotely required for class, lots of participants do without it; however, is recommended.
- You are welcome to have people in your household drop in for classes if there is space. Drop-in fee is **\$12** a person and a waiver is required to be signed by anyone participating in the classes whether through registration or drop-in.
- All registrations for classes are capped at 12 households/class and/or 15 people/class. Numbers for classes are limited to ensure best possible experience for individuals registered.

Registration Information:

To register, please email info@tullamorealive.ca to confirm that there is space in your desired class/classes. You will then receive an email back confirming total cost as well more details on what you can expect from the class including a waiver to sign. Payments can then be made through etransfer to info@tullamorealive.ca with the password TAFit2021. Please let me know if etransfer does not work for you and I will do my best to help arrange an alternative method of payment.

If you have any questions or concerns about any of the above please don't hesitate to contact me at 403-324-1430 by text or phone call, or by email at info@tullamorealive.ca